We claim:

- 1. A shock absorbing device comprising:
 - a first arm;
 - a second arm;

a mid-filler attachment having a hollow center wherein the first arm and the second arm are permanently affixed to the mid-filler attachment.

- 2. The shock of claim 1 further comprising:
- a shock absorbing material affixed within the hollow center of the mid-filler attachment.
- 3. The shock of claim 2 wherein the shock absorbing material is formed into a shape selected from the group consisting of lotus root or loofah.
- 4. The shock of claim 1 further comprising:

an attachment means to allow for removal or attachment of the first arm to a car frame.

5. The shock of claim 1 further comprising:

an attachment means to allow for removal or attachment of the second arm to a bumper.

- 6. The shock of claim 5 further comprising: a bumper.
- 7. A shock absorbing device comprising:
 - a frame arm;
 - at least one bumper arm;

an ohm-shaped mid-filler attachment having a hollow center wherein the frame arm and the bumper arm are permanently affixed to the ohm-shaped mid-filler attachment.

- 8. The device of claim 6 further comprising a shock-absorbing material placed within the hollow of the ohm midfiller attachment.
- 9. The device of claim 7 wherein the ohm-shaped mid-filler attachment has

a portion of a radius of a circle that transitions into the at least one bumper arm; and,

an angle of about 10 to 120 degrees formed between the portion of a radius of a circle and the at least one bumper arm.

10. The device of claim 7 wherein the ohm-shaped mid-filler attachment has

a portion of a radius of a circle that transitions into the at least one bumper arm;

an outside angle of about 20 to 80 degrees to the at least one bumper arm; and,

an inside angle of about 50 to 120 degrees formed between the portion of a radius of a circle and the outside angle.

11. The device of claim 7 wherein the ohm-shaped mid-filler attachment has

a portion of a radius of an oval that transitions into the at least one bumper arm; and,

an angle of about 10 to 89 degrees formed between the portion of a radius of a circle and the at least one bumper arm.

- 12. A shock absorbing device comprising:
 - a frame arm;
 - at least one bumper arm;
- a first ohm-shaped mid-filler attachment having a hollow center wherein the frame arm is permanently affixed to the ohm-shaped mid-filler attachment;

a second ohm-shaped mid-filler attachment having a hollow center and inverted with respect to the first ohm-shaped attachment and affixed to the first ohm-shaped mid filler attachment in a back-to-back position;

a cross span wherein the frame arm is permanently affixed to the cross span and to the second ohm-shaped midfiller.

13. The device of claim 12 further comprising:

a shock absorbing material affixed within the hollow center of at least one of the ohm mid-filler attachments.

14. A shock absorbing device comprising:

at least one s-bumper arm comprising:

- a first angle; and,
- a second angle;
- a frame arm permanently affixed to the s-bumper;
- a top arm permanently affixed to the s-bumper.

15. The device of claim 14 further comprising:

a second s-bumper positioned parallel to the at least one s-bumper arm;

a cross piece attaching the top arm of the second sbumper arm to the top arm of the at least one s-bumper arm, wherein the frame arm is connected to the top arm through the cross piece.

16. A shock absorbing device comprising:

at least one ohm mid-filler attachment having a hollow center;

a frame arm permanently affixed to the ohm mid-filler attachment;

at least one bumper arm;

at least one s-bumper attached to the ohm mid-filler attachment;

a frame arm permanently affixed to the s-bumper.

17. The device of claim 16 further comprising:

a cross span attached to two s-bumpers and permanently affixed to the frame arm.

18. A unitized shock absorbing device comprising:

a main body having an interior portion; and,

at least one midair pipe within the interior portion of the main body.

- 19. The device according to claim 18 further comprising:
 - a top connector affixed to the main body; and,
- a bottom connector affixed to the main body and dimensioned to mechanically interlock with the top connector.
- 20. The device according to claim 18 further comprising:
 - a right connector affixed to the main body; and,
- a left connector affixed to the main body and dimensioned to mechanically interlock with the top

connector.

- 21. The device according to claim 19 further comprising:
 - a right connector affixed to the main body; and,
- a left connector affixed to the main body and dimensioned to mechanically interlock with the top connector.
- 22. The device according to claim 18 wherein the main body is an extruded tube cut to a length.
- 23. The device according claim 19 wherein the midair pipe is cut to about the length of the main body.

- 24. The device according to claim 21 further comprising:

 at least one additional unitized shock absorbing

 device wherein the right connector of at least one unitized shock absorbing device is mechanically interlocked with at least one left connector.
- 25. The device according to claim 21 further comprising:

 at least one additional unitized shock absorbing

 device wherein the top connector of at least one unitized shock absorbing device is mechanically interlocked with at least one bottom connector.
 - 26. The device according to claim 25 further comprising:

 at least one additional unitized shock absorbing

 device wherein the top connector of at least one unitized shock absorbing device is mechanically interlocked with at least one bottom connector.
 - 27. The device according to claim 21 further comprising:

 a housing dimensioned to receive at least two unitized shock absorbing devices that are interlocked.

28. A method of making a unitized shock absorbing device comprising:

forming a main body having an interior portion and at least one pair of connectors dimensioned to mechanically interlock with each other;

cutting the main body into at least two pieces of a desired length;

providing a midair pipe with a length similar to that of the main body;

inserting the midair pipe into the interior portion.

29. The method of claim 28 further comprising: interlocking the connectors of the two pieces of the main body;

providing a housing;
placing the interlocked connectors into the housing.

30. The method of claim 29 further comprising: installing the housing into an automobile to absorb impact energy.

31. The method of claim 28 wherein the main body is formed through an extrusion process.